Safer Sleep Policy updated 2026.

1. Policy Statement

We are committed to providing a safe, secure, and healthy environment for all children in our care. This policy ensures strict compliance with the latest Department for Education (DfE) and Early Years Foundation Stage (EYFS) statutory framework requirements. We work in partnership with families and follow expert guidance from The Lullaby Trust to minimize the risk of Sudden Infant Death Syndrome (SIDS).

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2. Sleep Positioning and Spaces

Infant Requirements (Under 12 Months)

- **Back to Sleep:** Staff must always place infants on their backs to sleep, unless a certified medical exception is provided in writing.
- **Approved Equipment:** Infants must sleep only in a cot, travelcot, carrycot, or Moses basket that meets current British Safety Standards.
- **Prohibited Spaces:** Pushchairs, buggies, car seats, bouncy chairs, and beanbags are strictly prohibited as main sleep spaces.
- **Safe Transfers:** If an infant falls asleep in any unapproved device, staff must move them to a flat, firm cot immediately.

Toddler Requirements (Over 12 Months)

- **Approved Surfaces:** Children over 12 months may sleep on a clear, flat, firm surface, including a standard bed or an approved floor mattress.

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3. The Sleep Environment

Cot Safety and Bedding

- **Clear Cots:** Cots must remain completely clear. Staff will not place toys, pillows, extra blankets, cot bumpers, wedges, or positioning straps in the sleep space.
- **Mattress Quality:** Every sleep space must feature a firm, flat, waterproof mattress.
- **Secure Bedding:** Staff must use only lightweight bedding, tucked in securely no higher than the child's shoulders. Alternatively, staff may use a correctly fitted baby sleep bag.
- **Feet-to-Foot Position:** When using blankets, staff must place the child in the "feet-to-foot" position at the bottom of the cot.

Sleep Comforters

- **Age Restrictions:** Staff will not place sleep comforters in a sleep space for any child under 12 months old.
- **Dummies:** Dummies are permitted for all ages during sleep, provided they do not feature any attached cords or clips.

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4. Supervision, Monitoring, and Room Climate

Supervision Ratios

- **Under 6 Months:** A staff member must remain physically present in the same room as the infant for the entire duration of their sleep.
- **Sight and Hearing:** Staff must always keep all sleeping children within direct sight and hearing.
- **Physical Checks:** Staff will conduct frequent, documented physical checks on all sleeping children to monitor breathing and skin color, every 10 minutes.

Temperature and Comfort

- **Target Temperature:** Staff will maintain sleep rooms between **16°C and 20°C**.
- **Overheating Checks:** Staff will check child comfort by feeling the child's chest or the back of their neck. Staff will not use hands or feet to gauge body temperature.

Sleep agreements on time.

- **Parental wishes:** should be taken into consideration, although staff cannot force a child to sleep, wake or keep a child awake against his or her will. This is an Ofsted regulation.
- Staff will put children safely to sleep when they require this need, if as a parent you would like your child to sleep for a certain amount of time, we will not be able to wake them after half an hour as research shows a child needs at least 45 minutes to 1 hour of uninterrupted sleep for a child to complete a healthy sleep cycle. Waking a child during deep sleep (such as 30 minutes) can cause significant distress, emotional dysregulation, and extreme fatigue for the remainder of the day therefore **1 hour** is our minimal amount of time before we will consider gently waking them.

Updated policy:	30th May 2026	In line with new legislation.
Manager name:	Rachel Penny	
Manager signature:		Review: